

## NASA HEALTH PROMOTION AND WELLNESS COMMITTEE

Minutes for: June 6, 2007

Attendance: "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input type="checkbox"/>
JPL	<input type="checkbox"/>	DYN	<input checked="" type="checkbox"/>	GSFC	<input type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input type="checkbox"/>

### Welcome

Mae Hafizi

For your convenience, minutes are color coded. Any thing in red requires immediate attention and/or feedback from you.

Today's guest speaker and topic:

Mr. Kurt Hobbs, Mayo Clinic Health Management Strategic Consultant

- o *Mayo Clinic EmbodyHealth* and HRA Progress Report.

### HPW Communication- Health Promotion Update

Mae Hafizi

#### CDC Filming at Glenn Research Center

In 2006, the Glenn Wellness Program was assessed by members the Swift Worksite Assessment & Translation Group, from the Centers for Disease Control (CDC). Their report determined that Glenn has an outstanding physical fitness program. They asked permission to tape activities at the Fitness Center and to interview staff including members of NASA management. The *Yellowbrick Road* Production Company was chosen by the CDC to do the production, which was conducted on Monday, March 19, 2007. The CDC said the program at Glenn can provide a positive example to other agencies and companies who conduct Wellness Programs.

#### Upcoming HPW ViTS in September 2007

In preparation for our next ViTs that has been rescheduled for September 26, 2007 at 11:00 am EDT, please review:

[http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5602a1.htm?s\\_cid=rr5602a1\\_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5602a1.htm?s_cid=rr5602a1_e)

Quadrivalent Human Papillomavirus Vaccine: Recommendations of the Advisory Committee on Immunization Practices (ACIP).

#### 2008 HealthierYou Calendar

If you have not already emailed your request, please let me know, [homeyra.hafizi-1@nasa.gov](mailto:homeyra.hafizi-1@nasa.gov), how many copies you would need.

#### Annual Occupational Health Conference

July 23-27, 2008

The Warwick Hotel

Denver, Colorado

Theme: Moving toward the summit - Occupational Health Challenges

Due to budgetary constraints, if you are limited to attendance days please consider Monday and Tuesday:

- Monday 7/23/07, Medical PDC: 8am-12Noon, Disaster Preparedness- Managing Processes and Resources
- Monday Medical/EH PDC Combined: 1pm-5pm, Value of OH
- Tuesday 7/24/07 at 10am, The Aging Workforce
- Tuesday 7/24/07 at 11am, Emerging Infectious Diseases
- Tuesday 7/24/07 at 1:30pm, OH update from Stennis and Michoud- two years after Katrina

Conference agenda-

[http://ohp.nasa.gov/conference\\_info/conf\\_gen/2007/ohconf/agenda.pdf](http://ohp.nasa.gov/conference_info/conf_gen/2007/ohconf/agenda.pdf)

### **EEOC new guidance**

"Unlawful Disparate Treatment of Workers With Care giving Responsibilities", this document uses the existing legal framework to guide employers in understanding discrimination related to employee care giving responsibilities. The document is available on the EEOC website at <http://www.eeoc.gov/policy/docs/caregiving.html>, with a Q&A at [http://www.eeoc.gov/policy/docs/qanda\\_caregiving.html](http://www.eeoc.gov/policy/docs/qanda_caregiving.html).

As the guidance and the Q&A make clear, "caregiver" is not a new, protected class. However, under certain circumstances, discrimination against a caregiver would constitute unlawful disparate treatment, based on existing protections.

Although the guidance speaks to private sector employers, it pertains to the public sector as well, with some basic changes. For example, Federal employees who believe they have been discriminated against on the basis of race, color, religion, sex, national origin, age or disability must initiate contact with the Equal Employment Opportunity (EEO) office at their agency within 45 days of the alleged discrimination, rather than filing a private sector charge directly with the EEOC, as required by 29 CFR § 1614.105(a) (see [http://www.access.gpo.gov/nara/cfr/waisidx\\_06/29cfr1614\\_06.html](http://www.access.gpo.gov/nara/cfr/waisidx_06/29cfr1614_06.html) for the regulations governing the federal EEO complaints process).

The guidance document will be on the OPM Work/Life website. The guidance is clear and concise and gives very concrete examples of how the law applies to care giving situations. We hope that this information is helpful to you.

### **Mayo Clinic EmbodyHealth**

**Kurt Hobbs, Mayo Clinic**

The pp presentation is available on the ohp website. It is very concise and self explanatory.

### **Strategies to increase employee engagement**

- LRC's "Have you Registered Yet?" promotional pamphlet will be mailed to the HPW members.
- More *Mayo Clinic EmbodyHealth* butterfly posters will be printed and mailed.
- The first global email was a very effective marketing measure. Discuss with OCHMO the possibility of a second global email and other marketing techniques.

- Continue to engage an overall communication strategy. Get the word out in a manner that best suits your Center operations.
- In developing your communication strategy, focus on the priority risks most ready to change. These areas are Exercise, Weight, Nutrition and Stress. Mayo Clinic EmbodyHealth has Interactive Resources to match each of these four areas.
- While fresh in your mind, document your lessons learned in 2007 to better prepare for 2008.

### **Up coming report**

The WLQ data (health and productivity) will be released in August 2007.

### **Why the data obtained from Mayo Clinic EmbodyHealth is so important?**

The information is making a case for OH services through out the agency.

Next ViTs is scheduled for September 26. 2007 at 11:00 am Eastern. Dr. Saralyn Mark will speak on the topic of Cervical Cancer and HPV.

Meeting adjourned at 14:00

Respectfully submitted,

Mae Hafizi  
06/07/2007